

## **Qualitative and quantitative assessment of the state of the posture of junior school children**

Shalavina A.

*Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia*

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### **Abstract**

The article discusses the necessity of a single unified and accessible for mass screening classifications of types of posture. Presents a classification of types of posture, to account for possible options for the development of sagittal curvatures of the spine, as well as age, sex and length of the spine. The basis of allocation types were based on the average size and signal deviations the depth of the cervical and lumbar lordosis. The classification of the 5 major conventional types of posture and 4 so-called transition. Transition types are characterized by the change of one of the curves of the spine or increases in the normal state of a second. Deviations posture differentiated according to qualitative and quantitative assessment zones, which gives the opportunity informative evaluate its status in the Junior school age and monitor the growth of children. © IDOSI Publications, 2013.

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### **Keywords**

External signs posture, Incorrect posture, Length of the spine, Posture, Sagittal bends, The classification of types